

**30th ANNIVERSARY
USA POWERLIFTING
MENS TEENAGE, JUNIOR AND OPEN
NATIONAL POWERLIFTING CHAMPIONSHIPS**

June 22 - 24, 2012

Sub-Junior, Junior and Open USA World Team Qualifier

Location of Championship:

Hyatt Regency Hotel – Orlando International Airport

9300 Airport Boulevard Orlando, Florida 32827

Telephone: 402.592.6464 / 888.421.1442

www.orlandoairport.hyatt.com

[NEW] IPF Weight Classes (lbs/kgs) / Effective June 13, 2011

Men – 116.75lbs/53.00kgs, 130.00lbs/59.00kgs, 145.50lbs/66.00kg, 163.00lbs/74.00kgs,
182.75lbs/83.00kgs, 205.00lbs/93.00kgs, 231.25lbs/105.00kgs, 264.50lbs/120.00kgs,
264.50+lbs/120.00+kgs

Provisional Schedule of Events:

Thursday, June 21, 2012

1:00 to 5:00 pm – National Governing Body Meeting

5:00 to 6:00 pm – Early Equipment Check for Friday lifters ONLY.

Friday, June 22, 2012

7:00 to 8:30 am – Weigh-in/Equipment check for the men's 53.00kg and 59.00kg weight classes

8:30 to 9:00 am – Rules briefing and/lifter warm-up

9:00 to 1:00 pm – Commencement of lifting for the men's 53.00 kg and 59.00 kg weight classes

1:00 to 1:30 pm – Drug-testing Protocol / Awards Ceremony

12:00 to 1:30 pm – Weigh-in/Equipment check for the men's 66.00 kg weight class

1:30 to 2:00 pm – Rules briefing and/lifter warm-up

2:00 to 5:00 pm – Commencement of lifting for the men's 66.00 kg weight class

2:00 to 3:00 pm – Early equipment check for Saturday lifters ONLY.

5:00 to 6:00 pm – Drug-testing Protocol / Awards Ceremony

Saturday, June 23, 2012

7:00 to 8:30 am – Weigh-in/Equipment check for the men's 74.00 kg and 83.00 weight classes

8:30 to 9:00 am – Rules briefing and/lifter warm-up

9:00 to 1:00 pm – Commencement of lifting for men's 74.00 and 83.00kg weight classes

1:00 to 1:30 pm – Drug-testing Protocol / Awards Ceremony

12:00 to 1:30 pm – Weigh-in/Equipment check for the men's 93.00 kg weight class

1:30 to 2:00 pm – Rules briefing and/lifter warm-up

2:00 to 5:00 pm – Commencement of lifting for men's 93.00 kg weight class

2:00 to 3:00 pm – Early equipment check for Sunday lifters.

5:00 to 6:00 pm – Drug-testing Protocol / Awards Ceremony

Sunday, June 24, 2012

7:00 to 8:30 am – Weigh-in/Equipment check for the men's 105.00kg weight class

8:30 to 9:00 am – Rules briefing and/lifter warm-up

9:00 to 1:00 pm – Commencement of lifting for the men's 105.00 kg weight class

1:00 to 1:30 pm – Drug-testing Protocol / Awards Ceremony

12:00 to 1:30 pm – Weigh-in/Equipment check for men's 120.00kg and 120.00+kg weight classes

1:30 to 2:00 pm – Rules briefing and/lifter warm-up

2:00 to 5:00 pm – Commencement of lifting for men's 120.00kg and 120+kg weight classes.

5:00 to 6:00 pm – Drug-testing Protocol / Awards Ceremony

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Eligibility Requirements:

Each lifter must be a registered USAPL member that has met the qualifying total for their age/weight class. USAPL Memberships will be sold at registration/weigh-ins. As per the NGB Motion (June 13, 2011) USAPL Class 1 totals will be used to qualify for the 2012 USAPL Men's National Powerlifting Championships. **IMPORTANT:** Lifters will be able to qualify locally in the USAPL weight class -- above or below -- the IPF weight class they select for the National Championship. All USAPL and/or IPF totals achieved either in 2011 or 2012 will be accepted. Raw/unequipped lifters may take part in this championship, so as long as they have achieved the required qualifying total.

Men's QT	114	123	132	148	165	181	198	220	242	275	275+
Open	0	953	1025	1152	1257	1350	1422	1505	1554	1598	1670
Teen (14-15)	585	680	730	825	875	925	950	975	1020	1045	1070
Teen (16-17)	630	730	800	925	995	1035	1070	1135	1150	1190	1215
Teen (18-19)	645	750	875	1015	1065	1135	1240	1265	1280	1295	1315
Junior (20-23)	695	810	940	1095	1200	1250	1365	1380	1400	1425	1450

Awards:

Awards will be presented to the 1st – 5th place finishers for each weight class and division. Outstanding lifter awards will be presented to the best lifter in the Men's Teenage, Junior and Open. The overall best lifter award for each category will be determined by the IPF Wilks Formula. Team awards will be presented for 1st – 5th place in the Teen/Junior, Open and Combined. Team championship scoring will be in accordance to the USAPL Rules. 30th Anniversary commemorative participation certificates will be given to all lifters and referees that take part in the championship.

Technical Rules:

This competition is USAPL sanctioned as well as an IPF World Qualifier, so the IPF Technical rules will be followed. If you are not familiar with IPF Technical Rules, they can be found at the following link: www.usapowerlifting.com/committees/technical

World Wide Web:

Contest information, updates, nominations, etc. will be made available on the following web-page, which can be found at the following: www.usaplnationals.com/2012-usapl-mens-nationals

Hotel Arrangements

Hyatt Regency Hotel – Orlando International Airport
9300 Airport Boulevard Orlando, Florida 32827
Telephone: 402.592.6464 / 1.888.421.1442 / www.orlandoairport.hyatt.com
Cost: \$109.00 + Tax for Single/Double Room

When making your reservations use reference the Group Code: **USA POWERLIFTING**

The deadline to make your room reservations is NLT Friday, June 01, 2012

Special Note: The Hyatt Hotel is connected directly to the Orlando International Airport.

Spectators/T-shirts/Tickets

All spectators and coaches may enjoy the competition for an admission fee of \$5.00 per day. T-shirts will be available for a fee of \$15.00 (small to large) and \$20.00 for XL and above. Two [2] coaching passes will be provided for each team entry received for the entire weekend.

Walt Disney World Theme Park Tickets
Discounted Disney Theme Park tickets will be available for purchase on the following website:
www.usaplnationals.com/2012-usapl-mens-nationals
Discounted tickets will also be on sale during the course of the entire championship.

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Name _____ E-mail: _____
(Please print E-mail clearly)

Address: _____

City: _____ State: _____ Zip Code: _____

Day Telephone: () _____ Evening Telephone: () _____

USAPL Membership Card #: _____ Expiration Date: _____ Team _____
(Can be purchased at the contest)

DIVISIONS / Please check the divisions you will be lifting in:

Open [All Ages] Teen II [16 – 17] Junior [20 – 23] Youth [12 – 13]
 Teen I [14 – 15] Teen III [18 – 19] Youth [10 – 11]

Please specify the IPF Weight Class you will be lifting at: _____ Age: _____ Date of Birth: _____

Qualifying Total (QT): _____ Weight Class: _____ Date: _____

The competition where QT was achieved: _____

PLEASE SPECIFY T-Shirt SIZE(s): S M L XL XXL XXXL

ENTRY FEE (S):

_____ \$70.00 – Powerlifting Competition
_____ \$30.00 – Each Additional Division
_____ \$75.00 – Team Entry Fee (Deadline for Payment is: June 01, 2012)
_____ \$15.00 – Official Championship T-shirt [Small to Large] / Size Requested _____
_____ \$20.00 – Official Championship T-shirt [X-Large to XXXL] / Size Requested _____
_____ \$50.00 – Late Fee / Entry Post-marked AFTER JUNE 01, 2012
_____ \$ 5.00 – Ticket cost for each spectator and coach, per day
_____ \$ Total Amount Submitted

Important Note

A late fee of \$50.00 will be assessed if your entry form is post-marked after June 01, 2012. No refunds will be granted for any reason. If your entry is going to be late you must contact the meet director by e-mail [or] telephone to confirm your entry into the championship. The late fee will apply. All NSF Checks will be assessed a collection fee of \$25.00. No exceptions to these terms and conditions. All transactions are deemed final.

**PLEASE MAIL YOUR RELEASE FROM LIABILITY FORM AND ENTRY FEE(S) BY
EITHER YOUR CHECK OR MONEY ORDER MADE PAYABLE TO THE
FOLLOWING:**

Robert Keller - Contest Director
Post Office Box 291571
Davie, Florida 33329
Telephone: 954.790.2249 / Fax: 954.301.3344 / Email: rhk@verizon.net
www.usaplnationals.com/2012-usapl-mens-nationals

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RELEASE FROM LIABILITY FORM

IMPORTANT: READ THIS RELEASE CAREFULLY. WHEN YOU SIGN IT YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS.

In consideration of my participation in the _____ Powerlifting Competition as a competitor, as a loader/spotter, as a referee, as a platform worker, or as in any other capacity, I intend to be legally bound, for not only myself but also for my heirs, executors, representatives, agents, successors, assigns, and administrators. By signing this **Release of Claims**, I waive, release, and forever discharge USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL administrative personnel, agents, independent contractors, and employees associated with this competition, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action, that I, my heirs, personal representatives, or assignees, may have against USAPL and the aforementioned parties for all injuries and damages, known or unknown, that I may incur as a result of my participation and/or involvement in the above-described event or by my use of the facility in which this competition is held. I do further agree that I shall indemnify and save harmless USAPL, USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL administrative personnel, agents, independent contractors, and employees, from any and all claims, demands, damages, loss of service, or expense for property damage and for personal injuries or actions brought by a third party resulting or arising from my participation in the above-described competition or my use of the facility in which this competition is held.

Further, I assume the risk of my participation in this sport and in this competition, which is potentially dangerous, like most other sports. Serious to minor injuries can and do occur. I further recognize that my participation in this competition is voluntary and requires that I assume the risk of this potentially dangerous sport and, therefore, I assume the risk of potential injury.

Further, if I am asked to submit to a drug test, I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That is, whether I think the results of the tests are right or wrong I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical tests that may be necessary to complete the drug testing. Should I fail to pass the drug tests, I agree to forfeit any trophy or award that I might otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If the drug test to which I submit is reported as positive, then I waive any claim, action, or cause of action for which legal relief is available.

I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this **Release of Claims**. I understand that my agreement to pay attorney fees and litigation expenses is the *sine qua non* for the acceptance of my entry in this contest or my participation in this competition. If any provision of this **Release of Claims** shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this **Release of Claims** shall remain in full force and effect. I also certify with my signature that this **Release of Claims** cannot be modified orally.

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE INFORMATION CONTAINED IN THIS DOCUMENT AND THAT I SIGN THIS RELEASE OF CLAIMS VOLUNTARILY WITH KNOWLEDGE THAT I WAIVE IMPORTANT LEGAL RIGHTS.

Signature of Participant

Signature of Parent or Guardian if the Participant is under 21 years old

Print Your Name

Date

Print Your Name

Date

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FULL TEAM NAME: _____

HEADCOACH: _____ TEAM MANAGER: _____

PHONE: _____ USAPL Team Registration Number: _____ Expiration: _____

TEAM ENTRY FEE

Team entry fees are \$75.00 for each division (e.g., one women's open team, and one junior team would be \$75.00 each totaling \$150.00). Each team member must fully complete an individual entry form and forward the appropriate entry fees in order to be registered with a team for the competition.

TEAM ROSTER

No.	Lifter	Weight Class	USAPL Card #:
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

ALTERNATES

1	
2	
3	
4	
5	

Team Division (Please Check Box): Open Teen/Junior Combined

ALL TEAM ROSTERS MUST BE RECEIVED BY THE CHAMPIONSHIP TECHNICAL SECRETARY (OR) MEET DIRECTOR, UTILIZING THIS DOCUMENT, BY 5:00 PM THE AFTERNOON OF THURSDAY, JUNE 21, 2012 FOR DECLARATION INTO THE CHAMPIONSHIP